

SECOND EDITION

Earthing

The most important
health discovery ever!



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Resumo de Earthing: The Most Important Health Discovery Ever! (Large Print 16pt)

Earthing introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge-being 'grounded'-naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of aging, and the aging process itself.

Throughout history, humans have maintained an electrical ground connection with the Earth that naturally curbed inflammation disorders in the body. We walked barefoot and slept directly on the Earth. We were, at all times, naturally charged with the healing energy of the Earth.

Today, however, we mostly live and work insulated from the Earth. We wear nonconductive shoes with synthetic soles, walk on carpeted floors, and sleep in elevated beds. We rarely go barefoot outside.

We're disconnected. Consequently, our bodies become chronically charged with inflammation. Earthing is the simple solution to reduce and prevent inflammation, and is as easy as being barefoot outdoors or sleeping, working, and relaxing indoors on conductive products that conveniently ground your body to the Earth.

This book documents how grounding the body consistently produces these and other benefits: ? Rapid reduction of inflammation ? Rapid reduction or elimination of chronic pain ? Dynamic blood flow improvement ?

Reduced stress ? Increased energy ? Improved sleep ? Accelerated healing from injuries and surgery without the burning inflammatory pain ? Earthing is a missing link in the health equation.

This book tells why and what to do ? about it.'

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